



Alaska PEOPLE

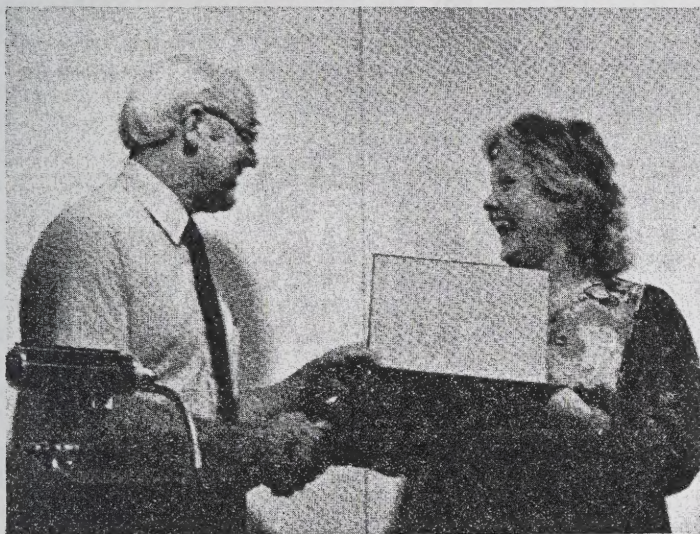
Bureau of Land Management

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VOLUME 5

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Short suggestion brings award



Olivia Short, Paralegal specialist in ASO's Division of Conveyances, received a belated \$1,100 award for a suggestion.

she made two years ago. The award was presented by acting Division Chief Hal Wolverton.

It all started with a complaint from Pearl Harvey about the cost of publishing conveyance decisions. Decisions for ANCSA and state conveyances are often long and complex and must be published once a week for four consecutive weeks. Each published decision required about \$400 in work hours and material.

To cut down the costs, Olivia suggested that BLM quit printing the rejections. Her suggestion was implemented in January 1981 and has already saved the government a substantial amount of money.

Although she hasn't received her check yet, Olivia says she's going to buy a washer and dryer. "I'm tired of going to the laundromat," she said.

Olivia joined BLM in 1977 as a land law examiner in state selections. She became a paralegal specialist in ANCSA in 1981.



Fred Payton has prospected for minerals over much of Alaska. Here he is preparing to map the Steese-White Mountain country near Fairbanks.

Fred Payton reopens Nome office

Where do you find gold on the ocean beach? Where are you if you're thirty minutes east of tomorrow and eight time zones from the Washington Office? In Nome, says Fred Payton, formerly the geologist with ASO's Resources Division. Nome — that's where Payton and his wife Ethel are going to be in mid-August when Fred reopens the Bureau's Nome Field Office.

"The last person to be stationed in Nome was Dave Scott. The office was closed and he was reassigned to the Fairbanks District in 1981," says Fred. "According to Roger Bolstad, the Northwest Resource Area Manager, I'll be busy answering land status questions and helping miners with their problems.

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Bolstad says that Seward Peninsula residents have been asking for some time that the Nome Office be reopened."

Fred describes Nome and the Seward Peninsula as having the largest concentration of recorded mining claims in the state. Most of Alaska's annual production of gold comes from there and, in addition to the land and mineral problems he might encounter, Fred says that there are about 25,000 reindeer divided among 20 allotments in his area of responsibility.

Ethel, Fred's wife of 30 years, teaches business at the Northwest Alaska Community College in Nome, the westernmost college in the United States. The Paytons have two children, Lois of Rawlins, Wyoming and Scott, who lives in Billings.

"We came to Alaska on our honeymoon," as Fred tells it, "from the Sandhill country of Nebraska and drove up the primitive Alaska highway in my first car. A 1951 Plymouth. I'm still driving it, too.

"Anyway, the first jobs Ethel and I could find after we drive into Palmer was

picking up potatoes in the fields. I had a farming background so eventually I got a job with the Experimental Farm between Palmer and Wasilla. Our daughter Lois, now 29, was born in Palmer."

Both Fred and Ethel are graduates of the University of Alaska, Fairbanks. In the late 1950s, Ethel was a payroll clerk at the Fairbanks District. Fred began his BLM career in 1961 as the first Arctic Area Manager. His speciality is in mineral exploration and permafrost.

"There are a few places in this state that I haven't explored or mapped," says Fred. "I also spent 12 years working in other BLM offices in Cheyenne, Roseburg, Rock Springs, Worland and Billings."

Fred's newest avocation is "reaching to the stars with my large refractor telescope." He adds, "By the way, Halley's Comet will appear again soon and Nome will be a good place to view it. The clean air there will give me a clear window to the heavens for this spectacular event."

Good luck in Nome, Fred.

New branch created at ADO

The Branch of Casefile Processing and Docket will open for business on September 1, 1982. The new branch is being created at the Anchorage District as part of BLM-Alaska's reorganization.

ADO's Docket Section is being combined with the new Casefile Processing Section to improve BLM's service to the public. The branch will handle rights-of-way, FLPMA easements and permits,

new settlement applications and waivers of administration as well as tracking casefiles. Fred Lohse, Meg Jensen and Mike Haskins will be assisting the public.

ADO carpenters have been remodeling the old logistics area for the new branch and a new entrance to the district is being designed.

The Anchorage District Office is located at 4700 East 72nd Avenue.

The guy in the glass

By Dale Wimbro

When you get what you want in your struggle for self
and the world makes you KING for a day
then go to the mirror and look at yourself
and see what the guy has to say

For it isn't your father, or mother or wife
whose judgement upon you must pass
the fellow whose verdict counts most in
your life
is the guy staring back from the glass

He's the fellow to please—never mind all
the rest
for he's with you clear to the end

and you've passed your most dangerous,
difficult task
if the guy in the glass is your friend

You may be like Jack Horner and
"chisled" a plum
and think you're a wonderful guy
but the man in the glass says you're only
a bum
if you can't look him straight in the eye

You can fool the whole world down the
pathway of years
and get pats on the back as you pass
but you're final reward will be heartaches
and tears
if you've cheated the man in the glass



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Change in health benefits affects employees in non pay status

The Office of Personnel Management has amended the Federal Employees Health Benefits Program to eliminate free coverage while in non pay status. Previously, employees in non pay status received free coverage for up to one year. Cost of the FEHB coverage will continue to be shared by employees and the government during pay and non pay status.

Effective pay periods beginning on or after August 16, 1982, all employees will be responsible for paying their share of continuing enrollment during pay and non pay status. Coverage may continue for up to one year.

To avoid paying premiums, an employee may cancel enrollment in the program. However, if enrollment is cancelled, the employee will not be reinstated automatically when he or she returns to work. The employee may have to wait for an open season to rejoin.

For more information, see your Personnel Officer or pick up the booklet, "Federal Employees Health Benefits Program," SF 2809-A, also available from your Personnel Office.

On being too rich, too thin, too cholesterol laden

It was a socialite from another era who remarked that "a woman could never be too rich or too thin." Judging from the number of weight loss diet articles that appear in women's magazines, women today are still trying to become too thin (if not too rich).

While the weight reduction articles may offer some good advice, it certainly is possible to be too thin. And shunning fat in the diet is neither quite possible nor a good idea.

For fat, despite its bad press, is essential in the diet. Fat is the source of some vital fatty acids, such as linoleic acid, which are necessary for proper growth and healthy skin. Fats and oils in the diet are also carriers, into the body, of some vitamins, including A, D, E and K. Fat, along with carbohydrates and protein, provides calories and calories are food energy. Fat is the most concentrated form of food energy, providing nine calories per gram, compared with four calories per gram for carbohydrates and protein.

Further, shunning fat leads to a sad diet indeed, for fats contribute to the enjoyment of foods because they add flavor and improve texture. A limited amount of fat on the body can also serve some useful purposes, such as cushioning body organs.

Not only is a fat-less diet apt to be dangerous and dull, but it is also impossible to achieve. Mother Nature—wise in the ways of knowing what we need—incorporated fat into most of what we classify as edible, including wheat, corn, avocado, soybeans and coconut, not to mention fish, chicken and beef.

Today, people might be advised to stick to a diet that is lower in fats, not to become snobbishly skinny, but to avoid obesity and the problems associated with it, such as high blood pressure and heart disease. A low-fat diet may also be medically prescribed for individuals with high blood cholesterol levels and attendant heart disease.

Cholesterol, like fat, has a definite role to play in that grandest of mechanisms,

the human body. Cholesterol is an important constituent of cells and body fluids. Chemically, it is related to fats, and like other fat, those pearls of cholesterol can get deposited in unwanted places in the body.

The link between high blood cholesterol levels and heart disease goes like this: cholesterol is carried in the bloodstream by lipoproteins which are fat and protein complexes. Some of the cholesterol in the blood may be deposited in fatty streaks along the inner linings of arteries. These fatty deposits may build up to form fibrous plaque. The result is that the artery wall thickens, thereby becoming less flexible and less able to adjust to the flow of blood. As the plaque builds up, the channel through which the blood flows narrows, increasing the pressure required for normal blood flow. Eventually, the artery may be stopped up completely. If it is an artery feeding the brain, a stroke may result. If the clogged artery connects to the heart, a heart attack may occur. On other areas, the narrowed or clogged artery may result in injury or death to the tissue normally supplied by blood by that artery.

A high blood cholesterol level is one of the factors that can increase the risk of having a heart attack. Other factors include high blood pressure and cigarette smoking. To reduce the overall risk, most doctors will suggest several steps to take:

If you smoke, stop.
If you don't exercise, start.
Watch your fat intake.

How much fat do we eat? The American diet is around 40 percent fat. The *Dietary Guidelines for Americans* issued by the Department of Health and Human Services and the U.S. Department of Agriculture advise that reduction in our current intake of total fat, saturated fat and cholesterol is sensible. This suggestion is especially appropriate for people who have high blood pressure or who smoke.

As indicated by the *Dietary Guidelines*, total fat intake is not the only measure to watch for. The *type* of fat makes a difference. This is where saturated and polyunsaturated fat come in. The differ-

By Roger W. Miller

ence between the two is in the chemical structures, but the importance in the difference is that an increase in polyunsaturated fats—which generally are higher in amounts of vegetable than animal fat—can result in the lowering of blood cholesterol level.

Another factor that may contribute to lessening the risk of coronary heart disease is the amount of high density lipoproteins in the blood.

People with high HDL counts are less prone to heart problems, according to several studies. However, HDL levels have to be measured against total blood cholesterol counts.

Diet, exercise and achieving ideal weight often help bring down cholesterol levels or improve cholesterol/HDL ratios. However, a lipid lowering drug may be necessary for those with high levels of cholesterol who have a family history of heart disease and who may already have symptoms of heart disease.

As to general diet recommendations, the *Dietary Guidelines* state:

TO AVOID TOO MUCH FAT, SATURATED FAT, AND CHOLESTEROL:

Choose lean meat, fish, poultry, dry beans and peas as your protein sources.

Moderate your use of eggs and organ meats such as liver.

Limit your intake of butter, cream, hydrogenated margerines, shortenings and coconut oil, and foods made from such products.

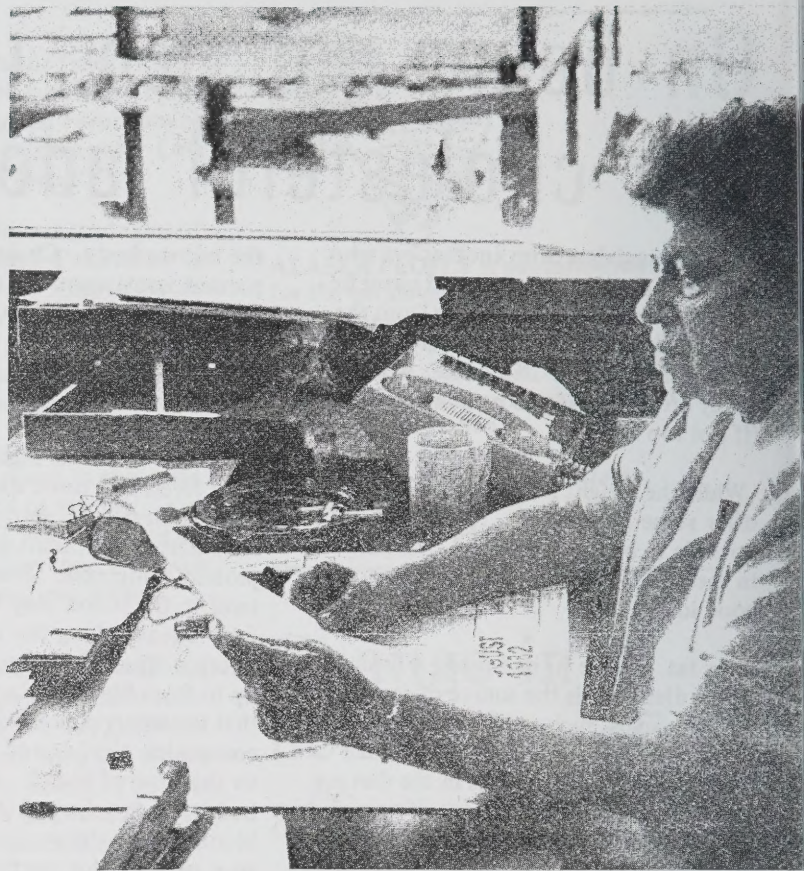
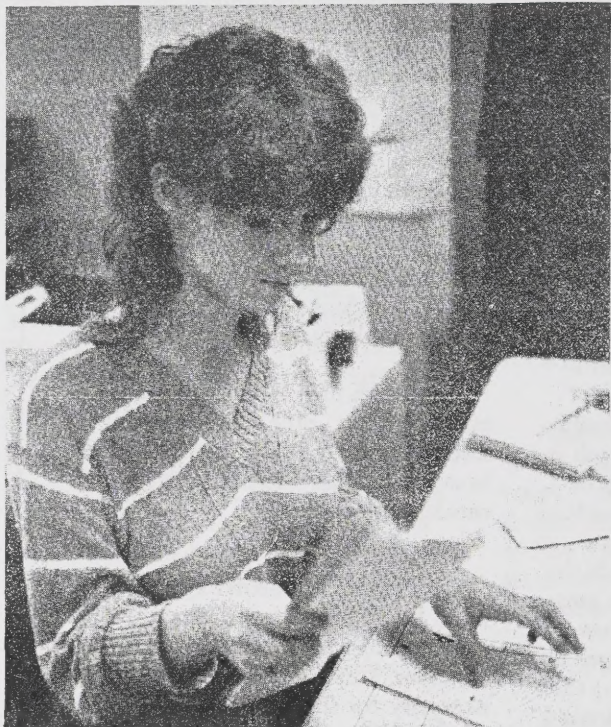
Trim excess fat off meats.

Broil, bake or boil rather than fry.

Read labels carefully to determine both amount and type of fat contained in foods.

Many people have heeded that advice. They have also adopted other healthy lifestyle changes. Today barely one-third of the adult population smokes, while regular exercise has become almost a national fetish. Many scientists believe that these lifestyle changes are at least in part responsible for the decline in recent years in the number of deaths from heart at-

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Service is their game



There's rarely a quiet moment here. Office machines thump and rattle while spitting out page after page. Terminals blink lines of green letters and the printers and Xerox roar in the background. The people who work here go through reams of paper every day. On some days, 40 or more conveyance documents are in some stage of typing-draft, proof or final.

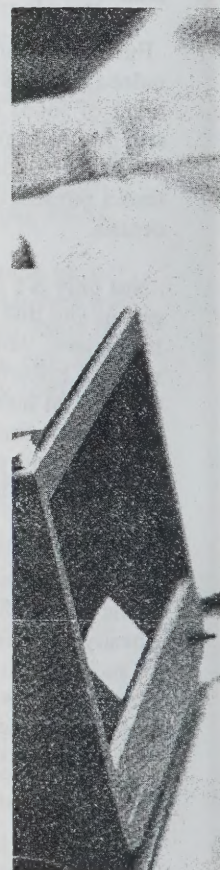
"It's easy to overlook how much work these people really do if you don't deal with them on a day-to-day basis," says Edith Kevan, head of Document Processing. "But without these people, nothing much would get out."

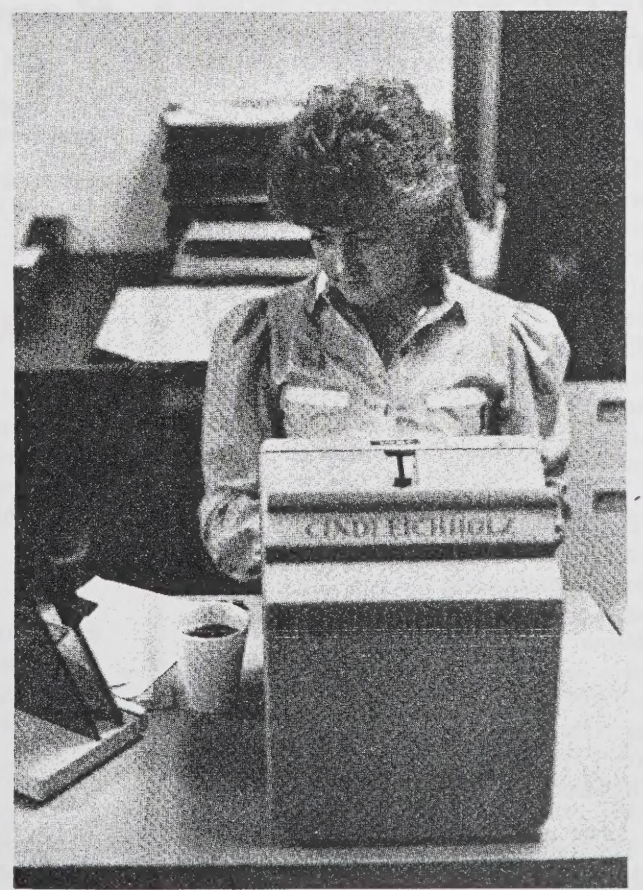
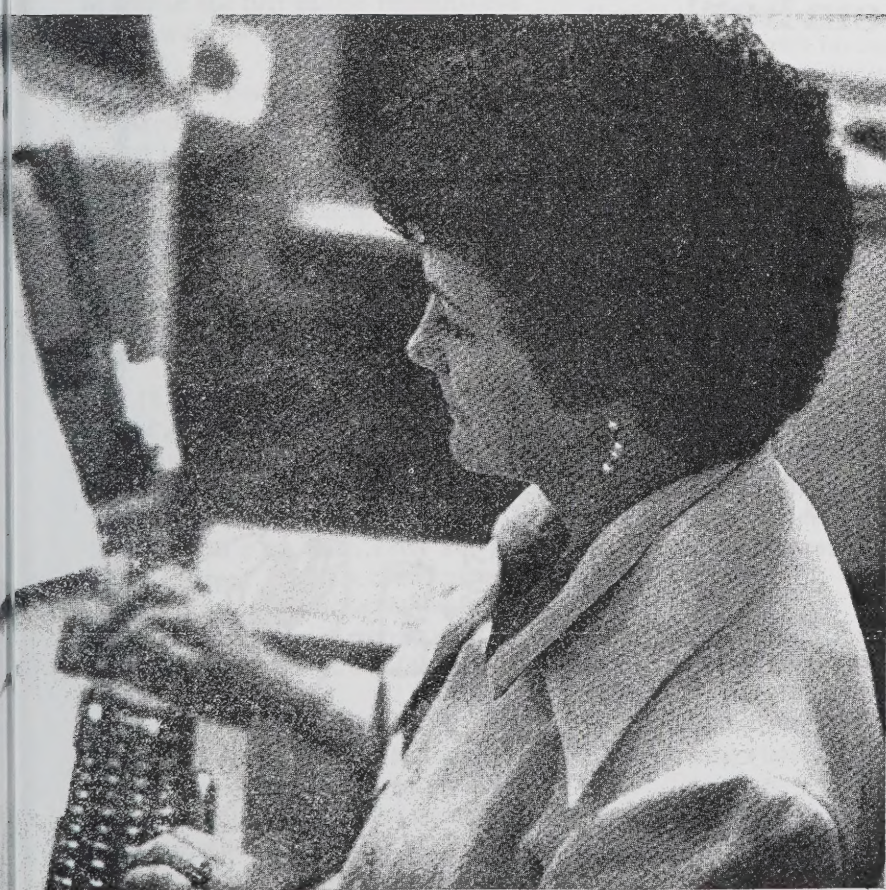
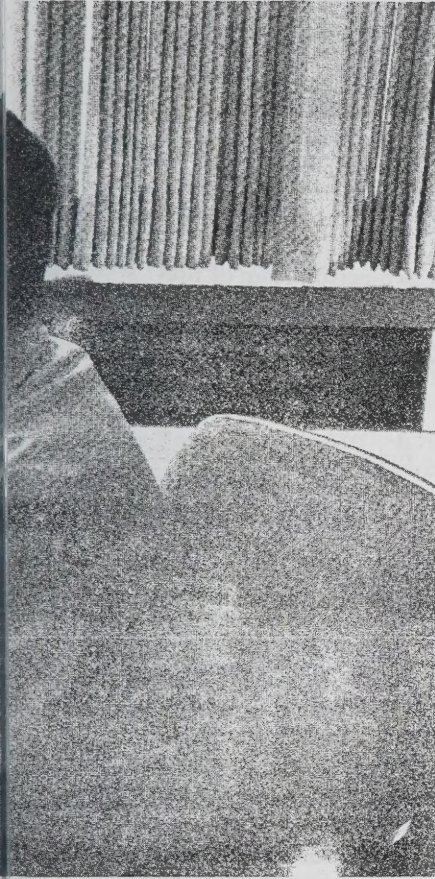
Document Processing provides all of the clerical support for the State Office's 100 plus member Conveyances Division. They type and proof all of the conveyance documents-DIC's, IC's, TA's and patents-plus type all of the memos and letters that accompany them. They also answer phones, sort and process mail, do research, maintain files and do the timesheets.

Although authorized 18 positions, they're rarely all filled. "There are 10 positions filled in the section now. These consist of miscellaneous document examiners, legal clerks and typists," says Edith. "I don't expect more than 12 or 14 at one time. The turnover rate is high. We're always training someone."

"This is a starting position for many people. They join BLM, get some experience and some basic knowledge of BLM programs and then move on to better jobs within the Bureau. Most move into upward mobility slots," she says.

"We are a service section. We help the people in our division and in other divisions as best we can."





BLM firefighters receive kudos from Canadian citizens

By Linda Thurston

"Speaking for all of the citizens of Watson Lake may I express to you our sincere appreciation for the hard work and eventual success of your very fine Alaskan team in the suppression of fire, thereby removing the threat to our community. We would hope that you may be able to pass along our thanks to the individual members of the team on our behalf." Donald Taylor, speaker of the Yukon Legislative Assembly, Watson Lake, Y.T., Canada.

Those are the good words received by State Director Curt McVee in praise of Dave Leibersbach, Alaska Fire Service, Fairbanks, and his team of Alaskan men and women who went to the aid of the town of Watson Lake last month. Here are Dave's impressions:

"When we arrived by plane on July 1, the hospital at Watson Lake had been evacuated and the airport was endangered. Almost every car in town was

packed and ready to go. The fire was on the Campbell Highway, six or seven miles north of the downtown area. I would venture to say that if they had let the fire run its course, it would have burned the town of Watson Lake."

Dave was fire boss for 55 AFS smokejumpers, hot shot crews and a fire management team plus 80 emergency firefighters, 10 folks detailed from the Boise Interagency Fire Center and 50 firefighters from the Yukon Forest Service. There were no casualties.

"We were well received by the Canadians. Their hospitality was fabulous. I got all of the support I could have hoped for. The Canadians brought in helicopters to help us from as far away as Alberta, even one from Anchorage. They wanted the fire stopped, and we were the people to do it.

Leibersbach said that there was an ex-

change of fire suppression techniques between the Canadians and the BLMers. He described a Canadian program now in use that had been reviewed by BLM several years ago. "A two person team of firefighters armed with chain saws repel down a rope suspended from a helicopter into inaccessible areas of the fire. Then, they clear areas for heliports."

Dave says the fire suppression resource exchange between Alaska and Canada began in 1980. A full letter of agreement was signed in May by our State Department and the Canadian Department of Foreign Affairs permitting such an exchange.

"One of the best things about working with the Yukoners is that there is no language barrier. They also experience the same conditions that we do in parts of Alaska, and have similar types of timber. I hope that eventually we will be able to open our fire training programs to them."

NPR-A EIS due out October 1

By Linda Thurston

The Draft Environmental Impact Statement on the proposed oil and gas leasing program for the National Petroleum Reserve in Alaska is being readied for publication on October 1. The preparers, headed by Keith Bennett, Chief of the EIS team, are a combination of NPR-A staffers from the Alaska State Office and the Fairbanks District Office. The Public Affairs staff in the State Office also is lending a hand.

The geologic interpretations of estimated oil and gas reserves on NPR-A came from the shop of Jim Callahan, Deputy minerals manager for Onshore Resource Evaluations, Minerals Management Service. The layout, typesetting and pasteup of the document that will be circulated nationwide will be done by Xenia Hough, ASO Public Affairs, and Jim Mroczek, NPR-A illustrator.

The comment and review period of the Draft EIS will be from October 1 to November 30, 1982.

Remember! Combined Federal Campaign

starts
September 28



Team spirit evident in FDO's Northwest Area

By Fern Orton

The September, 1981, issue of the Fairbanks District's newsletter included a story on the proposed reorganization of the Fairbanks District. This story, "Play Me and Trade Me," said that under this proposed reorganization, district and resource area boundaries could be changed and the Arctic-Kobuk Resource Area might go to the Anchorage District. The story also discussed some of options left to Roger Bolstad, Arctic-Kobuk area manager, and the other resource area personnel.

One of these options was that the Arctic-Kobuk Resource Area would be integrated into other areas and Bolstad would take over a new area formed in the Minchumina-Galena area.

Bolstad received his Masters Degree in wildlife management from Iowa State in 1962. He spent the next three and a half years working with the Iowa Conservation Commission. He then transferred to BLM at Lakeview, Oregon.

In August, 1968, he came to BLM-Alaska as the district wildlife biologist where he was involved with range, wildlife and watershed. He was involved heavily in the first catline rehabilitation work for fire in the early 70's.

When the position of Area Manager of the Arctic-Kobuk Resource Area became vacant in 1976, Bolstad was placed as Acting Area Manager for six months which included administering resource

programs on the Seward Peninsula, Noatak drainage and NPR-A. He also served as acting planning coordinator for half a year.

Bolstad soon earned the reputation of being an excellent team leader. This was reflected in the May, 1981, General Management Evaluation of the Fairbanks District. The GME said that the Arctic-Kobuk Area should be recognized as one where exceptionally "good team spirit" was evident.

And even when this close-knit group was faced with the proposed reorganization, the team spirit did not falter and the work was carried on as usual.

The GME team members weren't the only ones to recognize Bolstad's qualities. In November, 1981, he was recommended for an outstanding performance award.

District Manager, Carl Johnson, was very appreciative of Bolstad's abilities. "Roger and his staff have successfully adapted to the recommended changes to his Area," commented Johnson. He added that this was done without undue criticism or ill feeling on the part of Roger and his staff. "I believe this to be largely due to Roger's leadership abilities and his daily communication with his staff," he stated. Johnson added that Bolstad is very supportive of Bureau programs and District and State Office problems.

According to Johnson, Bolstad is just as capable in dealing with the public. "I

feel that Roger and his staff have displayed a continuing excellent public image of the Bureau. He and his staff continue to work on all Area problems with highly professional expertise."

Bolstad's ability to accept a challenge was recognized by the State Director, Curt McVee, in the letter that accompanied the Quality Step Increase award presented to Bolstad.

"You have, as Area Manager, gained the reputation of being an excellent team leader," McVee said. He added, "this is evidenced not only by the good team spirit among your employees, but also by the excellent rapport you have you have with State Office staff."

Bolstad continued to promote this team spirit throughout the months spent on discussions and meetings regarding the proposed reorganization of BLM in Alaska.

And when all the aspects of the reorganization were worked out, Bolstad became Area Manager of the Northwest Resource Area and the number of acres of his responsibility was doubled in size which now includes 14 million of BLM lands and 14 million acres under interim management which ultimately will become Native and State property.

It is obvious that with employees of the quality exhibited by Roger Bolstad, the Fairbanks District has only one alternative — that is to "play me."

ADO employee saves drowning boy

By Danielle Allen

An 11-year old was pulled from the bottom of an 8-foot deep eastside Anchorage swimming pool by a quick thinking Terry O'Sullivan on Saturday night, July 24.

It was 6:30 p.m. when Terry and a friend emerged from his condominium sauna and were approached by four children. One of the boys nervously remarked, "David's at the bottom of the pool."

"From that moment on, I was on autopilot," says Terry. He dove to the bottom of the pool and retrieved the boy who was turning blue. In the meantime, his friend, who was in a cast, hopped to a neighbors to ask for help.

Terry immediately began cardiopulmonary resuscitation. "It was probably a minute and a half before he came around. He just opened up his eyes," says Terry. "His breathing was labored and his lungs were extremely congested."

The police, followed by paramedics, arrived minutes later to whisk David Willis to Humana Hospital where he was treated and released in satisfactory condition two days later.

Terry, who is trained in emergency medical procedures, says his actions were

spontaneous. He didn't expect his stroll from the sauna to the swimming pool to result in his rescue of the boy, but he's thankful he had the necessary skills.

"If anybody does not know or feel comfortable doing CPR, he or she should sign up for the next available course," he says.

Terry is the Iditarod Trail Coordinator for the Anchorage District Office. He previously worked in a volunteer capacity as an emergency medical technician for a small fire department in Washington. His most recent CPR training was with BLM in 1979.

THE LAST PAGE

BLMers present papers at 33rd Science Conference

Several papers by BLM employees have been accepted for presentation at the 33rd Alaska Science Conference in September. Titles include:

"Geographical Distribution of Forest Fires in Alaska"
By H. William Gabriel and Gerald T. Tande-Resources.

"Status of Forest Fire Planning in Alaska"
By Dale L. Taylor-Resources

"Radiocarbon Data on Archeological Sites in Northern Alaska-Cultural-Historical Implications and Problems"
By Robert Gal-Fairbanks District Office

"Radar Image Assisted Aquatic Assessment in the Arctic"
By Jack C. Mellor-Fairbanks District Office

"The Contrast In Structure Between An Upland and Bottomland White Spruce Forest in the White Mountains of Interior Alaska"
By Glenn Juday-University of Alaska, Anchorage and Dale L. Taylor-Resources

"Current Subsistence Use of the National Petroleum Reserve-Alaska"
By Robert E. King-Fairbanks District Office

FDO issues TUP to State

The Arctic Resource Area has issued a Temporary Use Permit to the Alaska Department of Highways. The TUP was for a base camp for Doyon's construction Company.

Doyon has been contracted by the State of Alaska to replace some culverts with bridges on the Dalton Highway. Some of the culverts are too small and others are improperly placed. Increased stream velocity has caused some problems with fish migration.

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responsible for the decline in recent years in the number of deaths from heart attacks, although that number remains high.

Those changes are encouraging; after all, a person can never be too rich or too healthy.

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